

# **THE WORKBOOK**

**FOR SPENDING**

# **TIME ALONE WITH GOD**



## **Part 1 – Focus on God Alone**

Copyright Richard W. LaFountain, 1999-2017 update  
[www.prayertoday.org](http://www.prayertoday.org)

# Spending Time Alone With God

## *A Workbook to Guide Your Disciplines*

The following pages contain a workbook that is to accompany our book, *Spending Time Alone with God*. It is not meant to be a substitute for reading the book. The book goes into more depth and has many more helps and insights into spending lavish time alone with God. Reading it will expand your mind and the possibilities of what someone can do to spend much time alone with God.

My personal experience after 40 years of pastoral ministry is that most believers spend only a few minutes each day in the presence of God and usually that is focused on self-centered needs for the day ahead.

As a pastor I have found that for me it was difficult to “*give myself to prayer*” as we pastors are instructed to do in Acts 6:4 because of the pressing demands of ministry and expectations of people.

We have become a nation of Martha’s who are preoccupied with serving Jesus but without the offsetting value of Mary’s heart who chose to sit at Jesus’ feet in worship, experiencing his intimate presence. Instead, we have turned prayer from the intimate “closet time” alone with Jesus in secret (Matthew 6:6) into a hurried attempt to manipulate the Almighty into doing our will and our plans. In effect, we have turned Christianity into a religion like so many others where prayer is a way of trying to get God to do things for us.

It is time to change prayer back to what God the Father, and Jesus the Son, and the Holy Spirit intended it to be – an experience of intimate communion of a friend with friend. God established that as one of the reasons he created man when he put him in the Garden of Eden, not to attend the garden, but to commune intimately with God in the cool of the day. The resurrection experience of Jesus’ person and presence on the Road to Emmaus was an illustration of the intimacy that Jesus intended the resurrected Christ to bring to all our lives. Those men testified to the power of Jesus’ presence when they said, “*Did not our hearts burn within us as he communed with us on the way?*”

Let’s move prayer back into being primarily communion with God through our Lord Jesus Christ and not a way to get stuff from God.

# Six Steps to Intimacy with God

## Stepping into God's Presence

F O C U S  O N  G O D	<p><b><u>Be Still</u></b> (Shhh - still your busy mind and cluttered heart)</p> <ul style="list-style-type: none"> <li>• Slow your pace - resist hurry</li> <li>• Silence your mind and lips</li> <li>• Stop fidgeting - rest in His arms</li> <li>• Sit, lay, or kneel before God</li> <li>• Surrender your body to Him - Wait patiently for Him</li> </ul> <p><b><u>Be Thankful</u></b></p> <ul style="list-style-type: none"> <li>• Mercies new every morning - <i>bread, breath, health, life, strength</i></li> <li>• My body which is wonderfully made - <i>sight, hearing, touch, smell, etc.</i></li> <li>• All creation - <i>wonders of His amazing creation</i></li> <li>• Blessings and Benefits received - <i>all that I have</i></li> <li>• Bad, Sad, and Broken - <i>things that have gone wrong</i></li> </ul> <p><b><u>Be Worshipful</u></b> (It is not thinking but doing worship)</p> <ul style="list-style-type: none"> <li>• Love songs sung to God - <i>sing of His greatness</i></li> <li>• Long after Him in your heart - <i>as the deer pants for water so I pant for thee</i></li> <li>• Lift His Glory: Read Psalm of praise out loud - <i>declare His glory!</i></li> <li>• Love His Worth: You are _____ (<i>attributes of God</i>) [adjectives]</li> <li>• List His Names: You are my _____ (<i>Names of God or Jesus</i>) [nouns]</li> <li>• Lively worship - <i>shout, exalt, extol, bow, clap, sing, dance, etc.</i> [verbs]</li> </ul>
--	---

F O C U S  O N  Y O U	<p><b><u>Confess Sin</u></b> (Do spiritual inventory, open heart surgery)</p> <ul style="list-style-type: none"> <li>• Your <u>W</u>ords - <i>have you spoken evil of anyone, criticized, sharp words</i></li> <li>• Your <u>A</u>ttitudes - <i>complaining spirit, depressed, grouchy, know-it-all</i></li> <li>• Your <u>T</u>houghts - <i>evil desires, lusts, doubts, fears, hatred, bitterness</i></li> <li>• Your <u>A</u>ctions - <i>broken God's laws, trespassed on forbidden ground</i></li> </ul> <p><b><u>Clothe Yourself</u></b></p> <ul style="list-style-type: none"> <li>• Apply God's forgiveness x 10 - <i>covered, forgotten, buried, etc.</i></li> <li>• Reckon who you are in Christ - <i>I am...</i></li> <li>• Raise the shield of faith against Satan - <i>resist, rebuke, command, etc</i></li> <li>• Embrace a promise of God for this day - <i>I believe you God when you said...</i></li> </ul> <p><b><u>Cast your Care</u></b></p> <ul style="list-style-type: none"> <li>• Family - <i>each one by name and need</i></li> <li>• Finances - <i>debts, needs, provisions, wisdom</i></li> <li>• Frustrations - <i>with spouse, self, life, job, etc.</i></li> <li>• Fears, worries - <i>anxieties about tomorrow</i></li> <li>• Failures - <i>faults, weaknesses, struggles, etc.</i></li> </ul>
--	--

# Seeing the Six Steps in Scripture

*Spending Time Alone with God* is not something new. Jesus introduced this concept in the model prayer he gave to his disciples. We call it the Lord's Prayer. He began that instruction telling his disciples to find a quiet place he called a "closet" of prayer and then close the door blocking out all other distractions, and then pray to our Father without vain repetitions and much speaking. In other words he taught them to keep it simple.

*Each Step begins with a portion of the Lord's Prayer, then Scriptural passages that back up that aspect of prayer, and finally Songs that help us express that step. We often find ourselves dull and unmotivated in prayer. It is helpful to have a specific plan to follow to keep yourselves from wandering aimlessly in a labyrinth of intercessory prayer. Use this prayer plan to help guide yourself into times of refreshing from the Lord. As you follow this biblical prayer pattern you will discover yourself enjoying prayer and wanting more.*

Our desire is that our prayers be Worship-based, Spirit-led, Word-focused, and Faith-filled.

Step	Lord's Prayer	Scripture	Songs
<b>Be Still</b> (Monday Focus)	<i>Our Father</i>	Ps 46:10-11 Ps 4:4 Is 30:15,17 Is 41:1 I Kings 19:12 Hab 2:20 Zeph 1:7	Sweet Hour of Prayer As the Deer In The Garden Open My Eyes Lord Turn Your Eyes Upon Jesus My Jesus I Love Thee Be Still My Soul
<b>Be Worshipful</b> (Tuesday Focus)	<i>Who art in heaven hallowed be thy name</i>	Ps 8:1, 4-5 Ps 100:1-5 Ps 145 :1-3 Ps 135 :1-3 Ps 106 :1 Rev 1:10-18 Rev 5:9-10	I Love You Lord Thou Art Worthy Bless the Lord O My Soul Name Above All Names His Name Is Wonderful Holy, Holy, Holy How Great Thou Art
<b>Be Thankful</b> (Wednesday Focus)	<i>Thy kingdom come, thy will be done (and is)</i>	Ps 107:1-9 Ps 139 :13-16 Ps 105 :9-10 Ps 103 :1-4 Ps 118 :1, 21 Ps 92:1-2 Ps 34:1-3	Isn't He Wonderful Isn't He In His Time Give Thanks How Great Thou Art Great Is Thy Faithfulness Thank You Jesus, Alleluia
<b>Cast Care</b> (Thursday Focus)	<i>Give us this day our daily bread</i>	Ps 23:1-3 Mt 6:25-27 Ps 37:4 Ps 34:4-7 Is 40:28-31 2 Chron. 7:14-16 Jer 29:11-14	I Cast All My Care Burdens Are Lifted Only Believe Turn Your Eyes Upon Jesus Lord's Prayer "Our Father" Seek Ye First Cast Thy Burden Upon the Lord
<b>Confess Sin</b> (Friday Focus)	<i>Forgive us our debts, as we forgive our debtors</i>	Is 6:5-7 Ps 51:1-3 Dan 9:5-6 I John 1:8-10 Romans 7:14-17 Rev 3:15-18 Ps 139:23-24	Hide Me In Your Holiness Change My Heart O God Search Me O God Spirit of Living God Fall Refiners Fire Just As I Am According To Loving Kindness
<b>Clothe Self</b> (Saturday Focus)	<i>Deliver us from evil</i>	Ps 91:1-3 Is 54:11-17 Eph 6:10-18 Zech 3:1-5 Is 51:11-13, 16 Is 43:1-3 Is 44:1-3,21-22	Have Thine Own Way Lord Calvary Covers It All It is Well A Mighty Fortress Soldiers of Christ Arise I Surrender All In Christ Alone



# Practice Stillness

*"Be still, and know that I am God." - Psalms 46:10*

**Key Ingredients – Jesus set down some pretty clear definitions for how we ought to get alone with God and pray. Where do you go to get alone with God? How often do you go there?**

## DO THIS

- **Solitary Place** - get alone before God. Get away from people and distractions.
- **Stop All Noise** - shut the door to your prayer closet. Don't let noise intrude on God.
- **Stop Motions** - stop fidgeting, planning, thinking about other things.
- **Silence Your Thoughts** - hush you inner and outer self. Our hearts can be noisy places.
- **Slow Down** - give yourself time to slow down your pace.
- **Sweep the Clutter** - junk piled high in your mind or office will be distracting. Put it away.
- **Set Aside To-Do Lists** - push away the screaming to-do lists, and the tyranny of the urgent.
- **Surrender Yourself** - before God. Physically laying down before him can be helpful.

*Practice using the 3-minute sand-timer. When you perceive that your mind and heart were not still during a three minute period then do it over. It will take time, patience, and discipline to keep at it.*

## IDENTIFY THESE

### Your Daily Closet

*Where do you shut the door?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Your Other Solitary Places

*Do you have a secret retreat?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Your Daily Time(s)

*When do you stop and how long?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Your Greatest Struggles

*From the list on the left*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Your New Goals

*My new disciplines*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# Practice Thanksgiving

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” - 1 Thessalonians 5:18

Wouldn't prayer be wonderfully transformed if we would offer 10 sacrifices of thanksgiving for every request we make of God? Practice thanksgiving. Write down 50 things for which you are sincerely thankful today.

---

## For His Creation

5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## For Problems

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## For His Provisions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## For Answered Prayers

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## For People

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## For Protection

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Thanksgiving is always a state of mind and an attitude toward God. Bad attitudes of ingratitude always point to a bad relationship with God. Your heart condition can always be seen by others though the telescope of thanksgiving. – Give thanks because the Lord is good – that never changes! Circumstances change day to day, but God never changes.

---



# Workbook Exercises for Thanksgiving

## Feelings Check List – "I feel..."

The following list contains negative feelings that all of us feel from time to time. Whenever you are "feeling" any of these emotions it is good to remember that we are responsible for the thoughts behind these emotions. Our thoughts and beliefs actually create these unhealthy emotions. There is a thought behind every negative feeling. Correct the thoughts and bring them in line with scripture and the emotions will follow. We are what we allow ourselves to think. When we are feeling sad we are thinking sad.

<input type="checkbox"/> afraid	<input type="checkbox"/> exasperated	<input type="checkbox"/> rejected
<input type="checkbox"/> agony, in	<input type="checkbox"/> frantic	<input type="checkbox"/> remorseful
<input type="checkbox"/> alarmed	<input type="checkbox"/> frustrated	<input type="checkbox"/> ridiculed
<input type="checkbox"/> alienated	<input type="checkbox"/> furious	<input type="checkbox"/> repulsed
<input type="checkbox"/> angry	<input type="checkbox"/> grieved	<input type="checkbox"/> repulsive
<input type="checkbox"/> anxious	<input type="checkbox"/> grief-stricken	<input type="checkbox"/> resentful
<input type="checkbox"/> appalled	<input type="checkbox"/> guilty	<input type="checkbox"/> sad
<input type="checkbox"/> apathetic	<input type="checkbox"/> humiliated	<input type="checkbox"/> shameful
<input type="checkbox"/> apprehensive	<input type="checkbox"/> heartbroken	<input type="checkbox"/> shocked
<input type="checkbox"/> awkward	<input type="checkbox"/> hopeless	<input type="checkbox"/> sorry
<input type="checkbox"/> bewildered	<input type="checkbox"/> horrified	<input type="checkbox"/> sorry for self
<input type="checkbox"/> burdened	<input type="checkbox"/> hurt	<input type="checkbox"/> sorrowful
<input type="checkbox"/> cheated	<input type="checkbox"/> hysterical	<input type="checkbox"/> spiteful
<input type="checkbox"/> confused	<input type="checkbox"/> immobilized	<input type="checkbox"/> stupid
<input type="checkbox"/> cowardly	<input type="checkbox"/> inadequate	<input type="checkbox"/> terrified
<input type="checkbox"/> crushed	<input type="checkbox"/> incompetent	<input type="checkbox"/> threatened
<input type="checkbox"/> cut off	<input type="checkbox"/> indignant	<input type="checkbox"/> torn up
<input type="checkbox"/> defeated	<input type="checkbox"/> inferior	<input type="checkbox"/> troubled
<input type="checkbox"/> dejected	<input type="checkbox"/> insane	<input type="checkbox"/> unappreciated
<input type="checkbox"/> depressed	<input type="checkbox"/> insecure	<input type="checkbox"/> uncertain of others
<input type="checkbox"/> deprived	<input type="checkbox"/> irritated	<input type="checkbox"/> uncertain of self
<input type="checkbox"/> deserving	<input type="checkbox"/> jittery	<input type="checkbox"/> uptight
<input type="checkbox"/> punishment	<input type="checkbox"/> lonely	<input type="checkbox"/> used
<input type="checkbox"/> desperate	<input type="checkbox"/> manipulated	<input type="checkbox"/> unsettled
<input type="checkbox"/> despondent	<input type="checkbox"/> misunderstood	<input type="checkbox"/> victimized
<input type="checkbox"/> devastated	<input type="checkbox"/> offended	<input type="checkbox"/> weary of living
<input type="checkbox"/> disappointed in others	<input type="checkbox"/> oppressed	<input type="checkbox"/> weepy
<input type="checkbox"/> disappointed in self	<input type="checkbox"/> out of control	<input type="checkbox"/> wishy-washy
<input type="checkbox"/> disgusted	<input type="checkbox"/> overlooked	
<input type="checkbox"/> disheartened	<input type="checkbox"/> overwhelmed	(add your own feelings)
<input type="checkbox"/> disillusioned	<input type="checkbox"/> panic-stricken	_____
<input type="checkbox"/> dissatisfied	<input type="checkbox"/> paralyzed	_____
<input type="checkbox"/> dominated	<input type="checkbox"/> persecuted	_____
<input type="checkbox"/> downhearted	<input type="checkbox"/> pessimistic	_____
<input type="checkbox"/> embarrassed	<input type="checkbox"/> perplexed	_____
<input type="checkbox"/> envious	<input type="checkbox"/> pressured	_____
	<input type="checkbox"/> provoked	_____
	<input type="checkbox"/> regretful	_____

# Giving Thanks with Your Mouth

Do this work sheet in a 3-minute period. Write as quickly as you can one-word descriptions for the people, places, things and blessings God has given.

1. _____	51. _____
2. _____	52. _____
3. _____	53. _____
4. _____	54. _____
5. _____	55. _____
6. _____	56. _____
7. _____	57. _____
8. _____	58. _____
9. _____	59. _____
10. _____	60. _____
11. _____	61. _____
12. _____	62. _____
13. _____	63. _____
14. _____	64. _____
15. _____	65. _____
16. _____	66. _____
17. _____	67. _____
18. _____	68. _____
19. _____	69. _____
20. _____	70. _____
21. _____	71. _____
22. _____	72. _____
23. _____	73. _____
24. _____	74. _____
25. _____	75. _____
26. _____	76. _____
27. _____	77. _____
28. _____	78. _____
29. _____	79. _____
30. _____	80. _____
31. _____	81. _____
32. _____	82. _____
33. _____	83. _____
34. _____	84. _____
35. _____	85. _____
36. _____	86. _____
37. _____	87. _____
38. _____	88. _____
39. _____	89. _____
40. _____	90. _____
41. _____	91. _____
42. _____	92. _____
43. _____	93. _____
44. _____	94. _____
45. _____	95. _____
46. _____	96. _____
47. _____	97. _____
48. _____	98. _____
49. _____	99. _____
50. _____	100. _____

So then, just as you received Christ Jesus as Lord, continue to **live in him**, rooted and built up in him, **strengthened in the faith** as you were taught, and **overflowing with thankfulness**. – Colossians 2:6-7





# Practice Worshiping

*“O magnify the LORD with me, and let us exalt his name together.”  
- Psalm 34:3*

**Worship is a Verb. That means worshiping involves action, not just thought.**

In Hebrew, the language of the Old Testament there are at least 17 specific verbs (actions) attributed to worship. Check over the list to see if you have left out any of these actions in your own private worship.

<b>Biblical Word for Worship</b>	<b>I do it!</b>	<b>I haven't</b>	<b>Now I will!</b>
1. Praise His Name	_____	_____	_____
2. Give Glory to Him	_____	_____	_____
3. Magnify Him	_____	_____	_____
4. Worship Him Together	_____	_____	_____
5. Exalt Him	_____	_____	_____
6. Sing to Him	_____	_____	_____
7. Ascribe to him	_____	_____	_____
8. Bless His name	_____	_____	_____
9. Declare His worth	_____	_____	_____
10. Shout Praises to Him	_____	_____	_____
11. Delight in (celebrate) Him	_____	_____	_____
12. Honor Him (make beautiful)	_____	_____	_____
13. Behold Him (think about him)	_____	_____	_____
14. Love Him (express your love)	_____	_____	_____
15. Clap/ applaud Him	_____	_____	_____
16. Lift up hands to Him	_____	_____	_____
17. Bow Down to Him	_____	_____	_____

**Use the Scriptures:** One sure way to worship in Spirit and in truth is to use Scripture as part of your worship. Prime the pump of your heart with Psalms

**Sing to the Lord.** Use psalms, hymns and spiritual songs making melody in your heart to the Lord. SING TO GOD, not about him. SING TO HIM. Make is an offering and a sacrifice of praise. Give it up for the Lord!

**Sing aloud** (as loud as you can) “I love you Lord” or “How Great Thou Art.”

**Now wait on the Lord.** Wait for the Spirit to give you a song or hymn that exalts his worthiness. The average believer knows hundreds of praise songs and hymns. They are hidden in your heart, buried deep inside just waiting to come out.

**Satan hates worship** and runs away when he hears it. Therefore every believer ought to make it a practice to worship out loud with joyful singing every day or whenever the enemy comes in like a flood.

**Group Exercise (10 minutes max)**

Simply writing down God's names may or may not be worship. Worship is exalting his names together. So let's do it. In groups of 3 begin to worship the Lord by telling him of his excellent greatness. Exalt his name together. Use the list of names of the Lord provided in this booklet.



## Exercises for Worshiping

---

*“O magnify the LORD with me, and let us exalt his name together.” - Psalm 34:3*

Daniel said, *“The people that know their God will be strong and do exploits.”* (Daniel 11:32) Solomon said, *“The name of the Lord is a strong tower. The righteous run into it and they are safe.”* (Proverbs 18:10) The Lord through Malachi commends those who *“think on his name.”* Jesus taught to ask anything “in His name” and it will be done for us. Jesus’ name is a powerful name. It is a *“name above every name”* so that *“at the name of Jesus every knee shall bow and every tongue confess that Jesus Christ is Lord to the glory of God.”* (Philippians 2:9-11)

### Ask Yourself

- ❖ **Who Is He?** Exalt and extol his character, virtues, and attributes. See Exodus 34:
- ❖ **What Are His Wonderful Names?** Call upon him by the names you can remember and that are significant to you.
- ❖ **What Has He Done and How Great Is He?** Remember all the great things he has done. Review historical miracles, mighty miracles, etc.

### Learn to exalt His name(s) in prayer.

- “Lord, you are \_\_\_\_\_ (*attributes of God*) [adjectives], therefore I will ...”
- “Lord, you are my \_\_\_\_\_ (*names of God or Jesus*) [nouns] , therefore I will ...”
- “Lord, your name is \_\_\_\_\_ and I exalt and worship You.”

### Steps to Follow

1. Read Scripture that exalts who he is. (Prime the pump with Scripture)
2. Sing songs to the Lord. (Sing out loud!)
3. Exalt His Names. (Magnify his names) Use the list of 640 names of God and Christ.
4. Remember his mighty works. (Think on, Meditate on)
5. Tell of his excellent greatness. (Rehearse it to him)
6. Physically express your worship and adoration. (Lift hands, lay prostrate, kneel, walk and pray, stand, etc.)

1. Advocate - 1 John 2:1
2. All, and in All - Colossians 3:11
3. All-Knowing - Psalm 139:1-6, Job 23:10
4. Almighty - Revelation 1:8
5. Alpha and Omega - Revelation 1:8
6. Altar - Hebrews 13:10
7. Amen - Revelation 3:14
8. Anchor - Hebrews 6:17-20
9. Ancient of Days - Daniel 7:13 & Daniel 7:22
10. Anointed & Anointer - 1 Samuel 2:35, Ps 23
11. Author of my Faith - Hebrews 12:2
12. Banner over Me - Psalm 60:4, , Song S. 2:4
13. Bishop of my Soul - 1 Peter 2:25
14. Bread of Life - John 6:35
15. Bright and Morning Star - Revelation 22:16
16. Captain of my Salvation - Hebrews 2:10
17. Changeless One - Malachi 3:6, Hebrews 13:8
18. Comforter - John 14:16-18
19. Cornerstone - Ephesians 2:20
20. Counselor - Isaiah 9:6
21. Daystar to Arise - 2 Peter 1:19
22. Defense - Psalms 94:22
23. Deliverer - Psalms 40:17
24. Door of the Sheep - John 10:7
25. Dwelling Place - Psalms 90:1
26. Emmanuel - Matthew 1:23 Immanuel - Isaiah 7:14
27. Everlasting Father - Isaiah 9:6
28. Faithful Friend - 1 Thessalonians 5:24
29. Finisher of the Faith - Hebrews 12:2
30. First and Last - Revelation 1:8
31. Fortress - Psalms 18:2
32. Fountain of Life - Psalms 36:9 & Jeremiah 17:13
33. Friend closer than a brother - Proverbs 18:24
34. Gift of God - John 4:10/ 2 Cor. 9:15
35. Glory and Lifter of my Head - Psalms 3:3
36. Good Shepherd - John 10:14
37. Goodness, my - Exodus 33:19
38. Guide Even Unto Death - Psalms 48:14
39. Healer - Exodus 15:26
40. Health of my countenance - Psalms 43:5
41. Heir of All Things - Mark 12:7, Heb 1:2
42. Helper - Hebrews 13:6
43. Hen - Matthew 23:37
44. Hiding Place - Psalms 32:7
45. High Priest - Hebrews 5:5/6:20
46. High Tower - Psalms 18:2
47. Horn of Salvation - Luke 1:69
48. I Am - John 8:58
49. Inheritance - Psalms 16:5
50. Judge of All the Earth - Genesis 18:25
51. Keeper - Psalms 121:5
52. King of Kings - 1 Timothy 6:15
53. Lamb of God - John 1:29
54. Lawgiver - James 4:12
55. Life - John 14:6

# The Name of the Lord

*is a strong tower.  
The righteous run  
into it and are safe.  
- Proverbs 18:10*

## 31 "Jehovah" Names

The name of the Lord is important in Scripture. It is not just a name but contains the DNA of God himself. It defines his character and person. God revealed himself to his special people at times and places by different names. Each name represents a part of his character by which he wants his people to know him. Often the possessive pronoun, MY, precedes the name so that we might know how personal the revelation of his name is to us. His name is given to us that we might call upon him for that aspect of his character when we need it most.

Jehovah - The Lord - YaHwAy (Ex 6:2)  
 Jehovah Ori - Light (Psalm 27:1)  
 Jehovah Adonai - God (Genesis 15:2)  
 Jehovah Bara - Creator (Isaiah 40:28)  
 Jehovah Chereb - Sword (Deut 33:29)  
 Jehovah Elyon - Most High (Psalm 38:2)  
 Jehovah Ganan - Defense (Ps 89:18)  
 Jehovah Go'el - Redeemer (Is 49:26)  
 Jehovah Hamelech - King (Ps 98:6)  
 Jehovah Hashopet - Judge (Jdg 6:27)  
 Jehovah Olam - Everlasting (Gen 21:33)  
 Jehovah Jireh - Provider (Gen 22:14)  
 Jehovah Kabodhi - Glory (Ps 3:3)  
 Jehovah Kanna - Jealous God (Ex 34:14)  
 Jehovah Keren Yish'i - Horn (Ps 18:2)  
 Jehovah M'Kaddesh - Sanctifier (Lv 20:8)  
 Jehovah Ma'oz - Fortress (Jer 16:19)  
 Jehovah Machsi - Refuge (Ps 91:9)  
 Jehovah Magen - Shield (Deut 33:29)  
 Jehovah Mephalti - Deliverer (Ps 18:2)  
 Jehovah Misqabbi - High Tower (Ps 18:2)  
 Jehovah Nissi - Banner (Ex 17:15)  
 Jehovah Rapha - Healer (Ex 15:26)  
 Jehovah Rohi - Shepherd (Ps 23:1)  
 Jehovah Sabaoth - of Hosts (1 Sam 1:3)  
 Jehovah Sel'i - Rock (Ps 18:2)  
 Jehovah Shalom - Peace (Jdg 6:24)  
 Jehovah Shammah - Present (Ezk 48:35)  
 Jehovah Tsidkenu - Righteous (Jer 23:6)  
 Jehovah Tsori - Strength (Ps 19:14)  
 Jehovah Yasha - Savior (Is 49:26)

**The name of the LORD is a strong tower: the righteous runs into it, and is safe. - Proverbs 18:10**

Copyrighted Material  
[www.PrayerToday.org](http://www.PrayerToday.org)

56. Lifter of my head
57. Light (My) - John 1:7, 9, 8:12
58. Light of the World - John 8:12
59. Lily of the Valley - Song of Solomon 2:1
60. Lion of Judah - Rev. 5:5
61. Lover of my Soul - John 3:16
62. Master-Teacher - Matthew 23:10
63. Mediator - 1 Timothy 2:5
64. Mighty God - Isaiah 9:6
65. Morning Star - Revelation 2:28
66. Omnipotent - Isaiah 40:25-26
67. Omnipresent - Isaiah 41:10
68. Omniscient - Isaiah 40:13
69. Passover - 1 Corinthians 5:7
70. Pearl of Great Price - Mat 13:45-46
71. Physician - Luke 4:23
72. Portion - Psalms 119:57
73. Potter - Jeremiah 18:6
74. Prince of Peace - Isaiah 9:6
75. Ransom for All - 1 Timothy 2:6
76. Rear Guard - Isaiah 58:8
77. Redeemer - Job 19:25
78. Refiner's Fire - Malachi 3:2
79. Refuge (escape) - Psalms 59:16
80. Refuge (shelter) in Everlasting Arms – Deut. 33:27
81. Resting Place - Jeremiah 50:6
82. Resurrection and Life - John 11:25
83. Reward & Rewarder - Revelation 22:12, Hebrews 11:6
84. Rock that is Higher than I - Psalms 61:2
85. Rose of Sharon - Song of Solomon 2:1
86. Ruler - Micah 5:2
87. Scapegoat - Leviticus 16:8 & John 11:49-52
88. Scepter, my authority - Numbers 24:17
89. Shade - Psalms 121:5
90. Shadow of the Almighty - Psalms 91:1
91. Shelter - Psalms 61:3
92. Shepherd, my - Psalms 23:1
93. Shield - Psalms 84:9
94. Song, my - Isaiah 12:2
95. Star - Numbers 24:17/ Matthew 2:1-2
96. Strong Tower - Proverbs 18:10
97. Sun of Righteousness - Malachi 4:2
98. Treasure - 2 Corinthians 4:7
99. Truth - John 14:6
100. Unspeakable Gift - 2 Corinthians 9:15
101. Very Present Help in Trouble - Psalms 46:1
102. Victory - 1 Corinthians 15:54
103. Vine - John 15:5
104. Water of Life - John 4:14, 7:38, Psalms 143:6
105. Way in the Wilderness - John 14:6, Isaiah 43:19
106. Well of Living Waters - John 4:14
107. Wisdom - 1 Corinthians 1:25
108. Wonderful - Isaiah 9:6
109. Word of Life - 1 John 1:1
110. Worthy Lamb – Revelation 5:12

# The Name of the Lord

*For whosoever shall call upon the name of the Lord shall be saved.*  
– Romans 10:13

## 31 “Ei” Names of God

The word Ei is used for God about 238 times in Scripture and the name Elohim is used 2,600 times. Elohim is used as a personal name of God to distinguish him from all the other gods people worship. God, our God, is unique among all the gods of the nations. For this reason God reveals himself to his people by these special hyphenated names, so that we might “comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passes knowledge, that you might be filled with all the fullness of God.” (Eph 3:18-19)

Ei Echad - One God - (Mal 2:10)  
 Ei Hanne'eman - Faithful God - (Deut 7:9)  
 Ei Emet - Truth - (Ps.31:5)  
 Ei Tsaddik - Righteous God - (Is 45:21)  
 Ei Shaddai - All-Sufficient - (Gen. 17:1)  
 Ei Elyon - Most High - (Gen 14:20)  
 Ei Olam - Everlasting - (Gen 21:33)  
 Ei Ro'i - God Who Sees - (Gen 16:13)  
 Ei Gibbor - Mighty God - (Isa 9:6)  
 Ei De'ot - Knowledge - (1 Sam 2:3)  
 Ei Haggadol - Great God - (Deut 10:17)  
 Ei Hakkavod - Glory - (Ps 29:3)  
 Ei Hakkadosh - Holy God - (Isa 5:16)  
 Ei Hashamayim - of Heavens - (Ps 136:26)  
 Ei Chaiyai - My Life - (Ps 42:8)  
 Ei Channun - Gracious - (Jon 4:2)  
 Ei Sali - My Strength - (Ps. 42:9)  
 Ei Erekh Apayim - Patience - (Rom 15:5)  
 Ei Ha-tanchumim - Comfort - (2 Cor 1:3)  
 Ei Rachum - Compassion - (Deut 4:31)  
 Ei malei Rachamim - Merciful - (Det 4:31)  
 Ei Yeshuati - Salvation - (Isa 12:2).  
 Ei Yeshuatenu - Deliverance - (Ps 68:19)  
 Ei Kanno - Jealous God - (Ex 20:5)  
 Ei Hannora - Awesome God - (Neh 9:32)  
 Ei Kedem - From Beginning - (Deut 33:27)  
 Ei Mauzi - My Strength - (Ps 43:2)  
 Ei Mishpat - Justice - (Is 30:18)  
 Ei Selichot - Forgiveness - (Neh 9:17)  
 Ei Tehilati - My Praise - (Ps 109:1)  
 Ei Tzur - Our Rock - (Deut 32:4)

**But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; - Malachi 4:2**

Copyrighted Material  
[www.PrayerToday.org](http://www.PrayerToday.org)

# THE WORKBOOK



## Part 2 – Focus on Your Heart

Copyright Richard W. LaFountain, 2017  
[www.prayertoday.org](http://www.prayertoday.org)



## **Practice Confessing Sins**

“If I regard iniquity in my heart the Lord will not hear me.”- Psalm 66:10 -- “If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” – (1 John 1:9)

*(Do spiritual inventory; do open heart surgery on self.  
List your sin specifically as God brings it to your remembrance.)*

**W**ords - *have you spoken evil of anyone, criticized, complained about anyone, used sharp words, angry words, swear words, hurtful words, derogatory words, name calling, etc.*

**A**ttitudes - *complaining spirit, gloominess, grumpiness, depression, moodiness, grouchiness, pessimistic, fatalistic, know-it-all “I’m always right,” selfishness, “me first” attitude, etc.*

**T**houghts - *hatred, bitterness unforgiveness, lust, doubts, fears, evil wishes on others, coveteousness, pity party, “poor me” mentality, “nobody loves me”, “I wish I were dead”, etc.*

**A**ctions - *broken God’s laws, lying, cheating, stealing, revenge, murder, adultery, immoral behavior, pornography, watched immoral scenes in movies, TV, read books, magazines with immoral content, trespassed God’s laws, etc.*

**On our website [www.PrayerToday.org](http://www.PrayerToday.org) you will find many more helps for doing spiritual inventory.**

# Identify Your Temptations

*Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and **the sin which does so easily beset us**, and let us run with patience the race that is set before us,*

We are all tempted. Even Jesus was tempted of the devil. James tells us that we are all tempted when we are drawn away of our own lusts and enticed. Be honest with yourself. What are your weaknesses, besetting sins, recurring temptations?

1	2	3	4	5	6	7
Spiritual	Mental	Emotional	Verbal	Physical	Financial	Ego
Idolatry Witchcraft Fortunes Horoscopes Ouija Boards Charms	Doubts Fears Worry Anxiety Evil Thoughts Fantasies	Hatred Jealousy Anger Bitterness Prejudice Self-Pity Discouraged Depressed	Curse Swear Lie Criticize Condemn Gossip Slander Blasphemy	Sexual Sensual Drugs Alcohol Smoking Body worship Beauty obsession Figure obsession	Cheating Workaholic Things Not Tithing Stealing Lotto Gambling Fraud	Pride Self-pity Ambition Greed Coveting Prejudice

Even Jesus was tempted. Jesus was tempted in all points like as we are but without sin. (Hebrews 4:15) James says we are tempted when we are drawn away by OUR OWN desires and enticed. (James 1:14) Be honest with yourself. You are drawn away from time to time by certain sins. You are enticed from time to time by your own natural tendencies. What are they? Identify them!

- Where Are Your Weaknesses?
- What Are Your Easily Besetting Sins?
- What Are Your Recurring Temptations?

## Identify Your Struggles

*List those things that have been stumbling blocks to your spiritual growth. Write them down. Now say them out loud. Admit them to a trusted friend.*

<i>Spiritual</i>	
<i>Mental</i>	
<i>Emotional</i>	
<i>Verbal</i>	
<i>Physical</i>	
<i>Financial</i>	
<i>Ego</i>	



## Deal With Generational Sins

*“The sins of the parents are visited upon the children unto three and four generations.” – Exodus 20:5*

God has made it clear in the Word of God that sin leaves its mark on all it touches. Sin not only kills it also wounds and leaves scars for generations until it is broken by the power of the blood. The sins of our parents and ancestors are visited on the next generations. It is not just the punishment for those sins that remains for three and four generations but the sins themselves, being infectious, are passed along to subsequent generations.

*“You shall not bow down yourself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;” - Exodus 20:5*

We have organized some of those generational sins into categories so we can better understand them and identify them. There are:

- Perpetual Family Sins
- Propensities - Lifelong Addictions
- Destructive Attitudes in the Home
- Harmful Behaviors Acted Out

It is important as we deal with Satanic strongholds that we take a close look at our own family lines and discover the repetitive sins that have plagued our families for generations.

### Identify Your Family Sins

Common Generational Sins	Identify Your Family Generational Sins
<ul style="list-style-type: none"> <li>• Infidelity &amp; Adultery</li> <li>• Divorces</li> <li>• Marital Violence</li> <li>• Anger &amp; Temper</li> <li>• Inferiority Complex</li> <li>• Depression</li> <li>• Mental Illness</li> <li>• Suicide Attempts</li> <li>• Perpetual Poverty</li> <li>• Perpetual Sickness</li> <li>• Sexual Abuse</li> <li>• Criminal Behavior</li> <li>• Witchcraft &amp; Occult</li> </ul>	<ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> <li>8. _____</li> <li>9. _____</li> <li>10. _____</li> </ol> <p>There may be more than can be identified here in our short list. Read Scripture that identifies sins God hates.</p>

Confessing our sins and praying one for another for healing is a heritage of the child of God. Hiding sins is never rewarded by God. We are called on to renounce the hidden things of darkness and expose them to the Light. Therefore we ought to identify those strongholds of the enemy that have afflicted our family line for years and exert authority over them in Jesus' name. We encourage you to do this together with at least one other believer, but never attempt it all alone.



# What God Did With My Sin

*Reckon It To Be So!*

1. They were paid in full – Romans 5:11. Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.
2. They were forgiven/pardoned – I John 1:9. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
3. They were laid on Jesus – Is 53:6. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.
4. They were washed whiter than snow – Is 1:18. "Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.
5. They were covered – Ps 32:1. Blessed is he whose transgressions are forgiven, whose sins are covered.
6. They were cleansed by blood of Jesus – Heb 9:22. In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.
7. They were blotted out (swept away) – Is 44:22. I have swept away (blotted out) your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you." (Ps 51:1)
8. They were removed as far as east from west – Ps 103:12. as far as the east is from the west, so far has he removed our transgressions from us.
9. They were cast in depths of sea – Micah 7:19. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.
10. They were forever forgotten – Jeremiah 31:34. No longer will a man teach his neighbor, or a man his brother, saying, 'Know the LORD,' because they will all know me, from the least of them to the greatest," declares the LORD. "For I will forgive their wickedness and will remember their sins no more."

**Read Psalm 51 and Psalm 139 as part of your confession of sin.**

## It is Well

*(Sing It Rejoicing!)*

My sin, O the bliss of this glorious thought  
My sin, not in part but the whole,  
Is nailed to the cross, and I bear it no more,  
Praise the Lord! Praise the Lord, O my soul.



## Exercises for Clothing Self

*“Be strong in the Lord and in the power of his might ...”  
- (Ephesians 6:10)*

### **I Am Secure In Christ and Satan Cannot Harm Me**

*Choose Scripture passages from each category and commit it to memory to use in prayer.*

#### **I Am Accepted**

- Zech 3:2 I am a brand plucked out of the fire  
John 1:12 I am a child of God by faith in Jesus Christ  
John 15:15 I am Christ’s friend, he calls me by name, and my name is written in heaven  
Romans 5:1 I have been justified freely by his grace, therefore I have peace with God  
Romans 8:17 I am a heir of God, joint-heir with Christ (Galatians 4:7)  
I Cor 6:19, 20 I have been paid for by Christ, redeemed from the hand of the enemy  
Eph 1:1 I am included with the saints  
Eph 1:5 I have been adopted into God’s family  
Eph 2:6 I have been seated with Christ in heavenly places above Satan’s power  
Eph 2:18 I have direct access to God  
Col 1:13 I have been translated into the kingdom of God’s dear son  
Col 1:14 I have been redeemed to God and forgiven

#### **I Am Secure**

- Romans 8:1-2 I am not condemned before the throne  
Romans 8:28 I know all things work together for me because I am called to his purpose  
Romans 8:31 I am free of all accusations of the enemy. No one can charge God’s elect  
Romans 8:35 I cannot be separated from God’s love by anything  
2 Cor 1:20-22 I have been sealed by God  
Col 3:3 I am hidden with Christ in God  
Phil 1:6 I am confident God will complete the work he began in me  
Phil 3:20 I am a citizen of heaven  
2 Tim 1:7 I have been given a sound mind  
Hebrews 4:16 I have boldness before the throne of God  
1 John 5:18 I am born of God, and the evil one cannot touch me.

#### **I Am Significant**

- Mat 5:13-14 I am salt and light in this world  
John 15:1, 5 I am a branch on the True Vine  
John 5:16 I have been chosen to bear fruit that remains  
Acts 1:8 I am a witness to the reality of Christ  
1 Cor 3:16 I am a temple of the Holy Spirit who dwells in me  
2 Cor 6:1 I am God’s co-worker  
2 Cor 5:20 I am an ambassador for Christ  
Eph 2:6 I am God’s workmanship created in Christ Jesus  
Eph 2:10 I can approach God with freedom and confidence  
Phil 4:13 I can do all things through Christ who strengthens me.  
Heb 4:16 I can come boldly to the throne of Grace to find mercy and grace to help  
I John 4:4 I have Christ in me. Greater is he in me than he who is in the world.  
Jude 1:24 I am presented faultless before God’s throne

# Who I Am In Christ

These truths are found in the Word of God. We should believe God and not our personal feelings about ourselves. Many believers feel inadequate and insecure, therefore when they pray they feel like God should not listen to them, after all, who are they to get his rewards? Below are biblical statements concerning your position in Christ. He clothes us with His righteousness, because our righteousness (or best efforts) are like filthy rags. Practice reading these statements out loud in your prayer time every day for at least one week.

**I am not who I feel like I am. I am not who I think I am. I am not who others think I am. I am what God says I am! Therefore I will declare His truth concerning me.**

**“I am the head and not the tail. I am a victor, not a victim. I am strong and not weak. I am a saint, not a sinner. I am a child of God, not a child of the devil. I am free, not a slave to sin. I am clean, not dirty. I am above and not below. I am whole, not broken. I am rich, not poor. I am wise, not ignorant. I am adopted, not abandoned. I am strong, not weak. I am kept by the power of God. I am able, not disabled. I am seated in heavenly places with Christ. I am heir of God. I am a joint heir with Christ. I am more than a conqueror. I am a warrior, not a wimp. I can do all things through Christ who strengthens me. No evil can strike me, and no plague can come near my dwelling. I am safe and secure, kept in the palm of His hand. He has begun a good work in me and will perform it until the day Jesus comes again. I am a temple of God. I am indwelt by the Holy Spirit. I am a clean vessel sanctified and ready for the Master’s use.”**

**Read Zechariah 3:1-5**

***Picture yourself in the position of Joshua the High Priest.***

The next page contains the biblical references to these positional truths to all who are in Christ Jesus.

# Who I Am In Christ

## *Biblical Truths to “Practice Believing”*

### I AM GOD’S...

- possession Genesis 17:8/ 1Cor 6:20
- child John 1:12
- workmanship Ephesians 2:10
- friend James 2:23
- temple 1 Cor 3:16/ 6:16
- vessel 2 Timothy 2:2
- co-laborer 1 Timothy 5:18
- witness Acts 1:8
- soldier 2 Timothy 2:3
- ambassador 2 Cor 5:20
- building 1 Cor 3:9
- husbandry 1 Cor 3:9
- minister/instrument Acts 26:16 / 1 Tim 4:6
- chosen Ephesians 1:4
- beloved Romans 1:7/ 2 Thess 2:13
- precious jewel Malachi 3:17
- heritage 1 Peter 5:3

### I HAVE BEEN...

- redeemed by the blood Rev 5:9
- set free from sin /condemnation Rom 8:1-2
- set free from Satan’s control Col 1:13
- set free from Satan’s kingdom Eph 2
- chosen before foundation of world Eph 1:4
- predestined to be like Jesus Ephesians 1:11
- forgiven of all my trespasses Col 2:13
- washed in the blood of the Lamb Rev 1:5
- given a sound mind 2 Timothy 1:7
- given the Holy Spirit 2 Cor 1:22
- adopted into God’s family Romans 8:15
- justified freely by his grace Romans 3:24
- given all things pertaining to life 2 Pet 1:3
- given great and precious promises 2 Pet 1:4
- given ministry of reconciliation 2 Cor 1:22
- authority over the power of enemy Lk 10:19
- access to God Ephesians 3:12
- been given wisdom Ephesians 1:8

### I AM...

- complete in him Colossians 2:10
- free forever from sin’s power Romans 6:14
- sanctified 1 Cor 6:11
- meet for the Master’s use 2 Timothy 2:21
- loved eternally 1 Peter 1:5 /
- eternally kept in the palm of his hand Jn 10:29
- kept from falling Jude 1:24
- kept by the power of God 1 Peter 1:5
- not condemned Romans 8:1-2
- one with the Lord 1 Cor 6:17
- on my way to heaven John 14:6
- quickened by his mighty power Eph 2:1
- seated in heavenly places Eph 1:3

- the head and not the tail Deut 28:13
- light in the darkness Matthew 5:14
- candle in a dark place Matthew 5:15
- city set on a hill Matthew 5:14
- salt of the earth Matthew 5:13
- his sheep Ps 23 / Psalms 100:3/ John 10:14
- a citizen of heaven 1 Peter 2:11
- hidden with Christ in God Psalms 32:7
- protected from the evil one 1 John 5:18
- kept by the power of God 1 Peter 1:5
- secure in Christ Jn 10:28-29
- set on a Rock Psalms 40:2
- more-than-a-conqueror Romans 8:37
- born again 1 Peter 1:23
- a victor 1 John 5:4
- healed by his stripes Is 53:6
- covered by blood of Jesus Rev 12:11, 1 Pet 1:19
- sheltered under his wing Psalms 91:4
- hidden in secret place of the Almighty Ps 91:1

### I HAVE...

- access to the Father Romans 5:2
- a home in heaven waiting for me Jn 14:1-2
- all things in Christ 2 Cor 5:17
- a living hope 1 Peter 1:3
- an anchor to my soul Hebrews 6:19
- a hope that is sure and steadfast Heb 6:19
- authority to tread on serpents Luke 10:19
- power to witness Acts 1:8
- the tongue of the learned Isaiah 50:4
- the mind of Christ 1 Cor 2:16
- boldness and access Hebrews 10:19
- peace with God Romans 5:1
- faith as a grain of mustard seed Luke 17:6

### I CAN...

- do all things through Christ Philp 4:13
- find mercy and grace to help Heb 4:16
- come boldly to the throne of grace Heb 4:16
- quench all the fiery darts Eph 6:16
- tread on the serpent Luke 10:19
- declare liberty to captives Isaiah 61:1
- pray always and everywhere Luke 21:36
- chase a thousand Joshua 23:10
- defeat (overcome) the enemy Rev 12:11
- tread Satan under foot Rom 16:20

### I CANNOT...

- be separated from God’s love Rom 8:35-39
- be perish or be lost John 10:28, John 3:16
- be moved Psalms 16:8
- be taken out of my Father’s hand John 10:29
- be charged or accused Romans 8:33
- be condemned 1 Cor 11:32



## Exercises for Casting Care

*“Casting all your care upon him for he cares for you.” – (1 Pet 5:7)*

Cares include everything that is on your mind and heart. A good way to unload your burden to the Lord is through journaling. Write out your thoughts and your prayers to God

OK, now it is time to dump your load. What is on your mind and heart? It is not about a prayer list, but about your inner longings, your hurts, your pain, your worries, your fears, your anxieties, your family, your finances, your fun, your foolishness, your failures, etc.

Tell God all about it. Unload and leave it at the foot of the cross. He cares about your worries, your fears, your troubles, your sicknesses, your temptations, your finances, your family, your children, your spouse, your marriage, your job, your tests, your trials, and your needs. There is nothing that you care about that God doesn't care about.

Family	Place each family member before the Lord. Name them by name. Tell God about their lives, needs, spiritual condition.
Frustrations	Begin with your marriage and your relationship. Are there frustrations? Is there anything that needs to change?
Fears	Tell God about your worries, or anxieties, and your fears.
Finances	Tell God about your financial concerns, goals, aspirations, debts, your needs, wants, wishes, worries.
Faults	Tell God about you. Your weaknesses. Your temptations. This is not confession, we have already done that.
Failures	It is time to be naked and honest before the throne.

### Exercise

Confession is already past but “to one another” is not. It is also time to “*bear one another's burdens and so fulfill the law of Christ.*” No one can help you to bear a burden if they do not know what it is. Share your key burdens, worries and fears with your prayer partners as you are able.

### Discipline

There will be no time after this point in your intercession to go back to self petitions. This is the time to lay them fully before God so as to NOT take them up again.

Dumping on God is one thing. It is quite another to dump in faith knowing that you are doing it at his invitation because “*he cares for you.*” So thank him for hearing, “*being touched with the feeling of your weaknesses.*”



# Believing God When You Pray

*"But without faith it is impossible to please him; for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him." – (Hebrews 11:6)*

## **There's Only One Impossibility**

*Prayer is, and always should be, the core of the church. It is the umbilical cord that ties us to the Lord Jesus. Jesus said, "Without me you can do (accomplish) nothing." (John 15:5) Paul expounds this truth in Hebrews 11:1-3 when he declares that it is virtually impossible to please God without seeking him, and believing that he hears and answers.*

## **What Promises Are You Claiming?**

I am believing God for souls, healings, deliverances, miracles, answers to prayer, revival outpourings, presence of God manifest, transformed lives, restored marriages, backsliders restored, missionaries called, prayer warriors raised up, gifts of the Holy Spirit demonstrated.

Are you believing God for miracles, or just passively hoping they might happen? Are you envisioning a bright tomorrow, or a tomorrow about the same as the past?

## **Conditions for Answered Prayer**

*To put it another way, without being involved in believing prayer you cannot expect that you can approach God, nor receive any reward from him. Let's look at the conditions of believing prayer:*

### **I. Believe that he is...**

1. He is Able - Jeremiah 32:17, 27
2. He is Sovereign - I Chronicles 29:11
3. He is Still on the Throne - Ephesians 1:18-21
4. He is Listening - Psalm 34:15

### **II. Believe he rewards "diligent seekers"**

1. He Answers - Isaiah 59:1-2
2. He Does More Than We Ask - Ephesians 3:20
3. He Rewards Us - Luke 11:9-13

## **Are You a "Believer?"**

*God is not a wishing well that we should cast our prayer coins at his feet and hope for the best. Wishful praying is not praying in faith. It is not part of Jesus' promise that "when you pray, believe that you shall have..." Jesus meant "know assuredly" that you will have, not wish hard enough and maybe God will hear you.*

## **Can You Name Three Promises for Each Request You Make?"**

Prayer is not wishing, but believing what God has said. Search the Scriptures for promises of God that apply to your situation, and then pray them back to God.



## What Are You Believing God to Do?

*“But without faith it is impossible to please him: for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him.” – (Hebrews 11:6)*

*Doubt is the suspicion, fear, or belief that God may not care, hear, or answer my prayers.*

What are you presently (right now) believing God to do in your life? Don't pretend you have faith when you really doubt that he will answer you and bless you. Real faith trusts God's goodness faithfulness, and his promises.

*Be specific in the request that you believe God wants you to have. Persist in believing prayer, reminding God of his promises and claiming them for yourself and your family.*

### ***In Your Spiritual Life***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ***In Your Life or Body***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ***In Your Marriage or Family***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ***In Your Church or Job***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Get Into the Promises – Believe Them!

## *Pray the Promise Back To God*

Promises are powerful things. Peter said that it is by them that we escape the corruption in the world caused by evil desires and become partakers of God's own nature. (2 Peter 1:4) Learn to use God's promises as you pray. Remind God of His promises. Quote them back to Him. He delights to hear it. Claim your inheritance that is herein described. Everything in the Christian's life is by faith. (Hebrews 11:6 *But without faith it is impossible to please him: for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him.*)

### **PRAYER**

Isaiah 65:24 ...before they call I will answer...  
Psalm 37:4 ...delight in the Lord, he gives desires of your heart...  
Jeremiah 33:3 ...call on me and I will show you great and mighty things  
Jeremiah 32:17-18 ...you have made heaven...nothing is too hard for you...  
Matthew 18:19 ...if any 2 agree...touch...ask, it will be done...

### **PEACE**

Isaiah 26:3 ...keep you in perfect peace...  
Isaiah 32:17 ...work of righteousness will be peace...  
Jeremiah 29:11 ...the thoughts I think toward you are peace, not evil...  
Psalm 37:37 ...the end of the upright man is peace...

### **PROTECTION**

Psalm 91:3 ...he shall deliver from snare, pestilence, terror, arrow...  
Isaiah 54:17 ...no weapon formed against you will prosper...  
Isaiah 43:2 ...when pass through water it will not overflow you...  
Jeremiah 15:20 ...I will make you a steel wall, they will not prevail...  
Psalm 5:11-12 ...those who trust you, shout for joy, you defend them...

### **SUPPLY**

Psalm 34:10 ...lions do hunger...but you shall not lack any good thing...  
Psalm 37:25 ...I have not seen the righteous forsaken or begging...  
Philippians 4:19 ...my God shall supply all your need...  
II Corinthians 9:8 ...God is able to make all grace abound to you...

### **SUCCESS**

Joshua 1:8 ...then you shall make way prosperous, and have success  
Psalm 1:3 ...whatsoever he does it shall prosper...  
Romans 8:28 ...all things work together for good to him...

### **STRENGTH**

Isaiah 40:29-31...He gives power to the faint...*they* renew their strength...  
Isaiah 41:10 ...fear not for I am with you...I will help you  
Isaiah 41:13 ...the Lord will hold your right hand...  
II Corinthians 12:9 ...my grace is sufficient for you...

### **DELIVERANCE**

Psalm 34:17,19 ...the righteous cry and the Lord hears and delivers from trouble  
Psalm 34:7,8 ...angel encamps around those who fear Him...  
Isaiah 59:19 ...when enemy comes like flood...Lord will stand against him



## **DIRECTION & LEADING**

Proverbs 3:6 ...In all your ways acknowledge him and he will direct your paths...  
Isaiah 30:21 ...you will hear a word behind you saying, 'this is the way, walk in it'  
Proverbs 16:3,9 ...commit your way to the Lord ...and your thoughts will be established...  
Psalm 37:23 ...good man's steps are ordered by the Lord  
Psalm 32:8 ...I will instruct & teach you the way to go...

## **FEARS**

II Timothy 1:7 ...God gave not the spirit of fear, but of sound mind...  
Isaiah 41:10 ...fear not for I am with you, I will help you...  
Isaiah 41:13 ...fear not I will help you...  
Psalm 34:4 ...I sought...He delivered me from all my fears...

## **SOULS**

Psalm 2:8 ...ask of me and I will give heathen for your inheritance...  
Psalm 126:6 ...he who sows and weeps...shall bring sheaves with him...  
II Peter 3:9 ...Lord is not slack...not willing any should perish...

## **YOUR CHILDREN**

Isaiah 54:11-13 ...all your children will be taught of the Lord...  
Psalm 127:3 ...children are a heritage of the Lord...your reward...  
Isaiah 59:21 ...my words will not depart out of your seed's mouth...  
Isaiah 44:3 ...I will pour out my Spirit on your seed and offspring...  
Proverbs 22:6 ...train up a child...when old...he will not depart from it...

## **WISDOM**

Isaiah 50:4 ...Lord gives me tongue of the learned to know how to speak...  
Psalm 19:7 ...The law...is perfect...making wise the simple...  
Proverbs 1:7 ...Fear of the Lord is beginning of knowledge...  
James 1:5 ...lack wisdom? Ask of God that gives liberally to all men...

## **FORGIVENESS**

Psalm 86:5 ...thou Lord art good...ready to forgive...  
I John 1:9 ...If we confess our sins, He is faithful...to forgive...all...  
Isaiah 1:18 ...though your sins be as scarlet they shall be white as snow  
Isaiah 43:25 ...I am He that blots out transgressions...

## **ABILITY ABOVE IMPOSSIBILITY**

Jeremiah 32:17,27 ... Ah Lord God... there is nothing too hard for you...  
Philippians 1:6 ...he that began a good work in you will perform it 'til...  
Acts 20:32 ...the word of His grace... is able to build you up...  
Ephesians 3:20 ...able to exceedingly abundantly...by power in us...  
Jude 24 ...able to keep you...present you faultless...

## **HEALING**

Exodus 15:26 ...I am the Lord that healeth thee  
Psalm 103:3-4 ...who forgiveth all...healeth all thy diseases...  
James 5:15 ...the prayer of faith shall save the sick...  
Matthew 8:17 ...He took our infirmities and carried our diseases...

**Check out our web site; [www.PrayerToday.org](http://www.PrayerToday.org) for many more helps and exercises in prayer disciplines. They are all downloadable and FREE including 360 Promises!**